

## CLAIMS

What is claimed is:

1. A target adapted to be subject to an action, comprising:  
an aromatherapeutic agent disposed on at least certain surfaces of the target, subjection of the agent to the action causing release of an aroma from the agent.
2. The target of claim 1 and further comprising an image formed on the target, at least portions of the agent being disposed on the target in the area on which the image is disposed.
3. The target of claim 1 and further comprising microcapsules within which the aromatherapeutic agent is disposed, the microcapsules being ruptured on subjection to the action, the acting being a percussive force.
4. The target of claim 1 wherein the target comprises a vehicle dashboard.
5. The target of claim 1 wherein the target comprises a punching bag.
6. The target of claim 1 wherein the target comprises a poster.
7. A projectile adapted to be propelled against a surface, comprising:  
an aromatherapeutic agent carried by the projectile, propulsion of the projectile against the surface releasing at least a portion of the agent to produce an aroma.

8. An article, comprising:  
a substrate;  
an aromatherapeutic agent disposed on the substrate; and,  
an adhesive disposed on the substrate, the substrate being attachable to an object, the substrate being subjectable to an action causing release of aroma from the agent.

9. The article of claim 8 and further comprising microcapsules within which the aromatherapeutic agent is contained, the microcapsules being ruptured on subjection thereof to the releasing action.

10. The article of claim 8 and further comprising a layer of material disposed over the aromatherapeutic agent, the layer being disruptable to release an aroma from the agent.

11. The article of claim 8 and further comprising microcapsules within which the aromatherapeutic agent is disposed.

12. The article of claim 8 wherein the aromatherapeutic agent is disposed on more than one surface of the substrate.

13. The article of claim 8 and further comprising at least one aromatherapeutic agent additional to said first-mentioned agent disposed on the substrate.

14. The article of claim 8 wherein at least one surface of the substrate has a coloration indicative of a mood intended to be evoked by the aroma from the agent.

15. The article of claim 14 wherein multiple surfaces of the substrate have a different coloration indicative of a mood, each surface differently colored having an aromatherapeutic agent associated therewith that releases an aroma evocative of the mood associated with the coloration.

16. The article of claim 8 wherein the substrate is flexible.

17. The article of claim 8 wherein the substrate is rigid.

18. The article of claim 8 and further comprising a release sheet disposed over the agent, peeling away of the sheet causing a release of the aroma.

19. The article of claim 8 wherein the action is a percussive force.

20. A method for dispersing an aromatherapeutic agent evocative of a desired mood in a user onto a substrate, comprising the steps of:

associating the aromatherapeutic agent with a material that prevents release of an aroma from the agent;

fluidizing the aromatherapeutic agent and associated material thus produced in a fluidizing agent; and,

directing the fluidized aromatherapeutic agent and associated material onto the substrate.

21. The method of claim 20 wherein the material comprises microcapsules, the aromatherapeutic agent being encapsulated within the microcapsules and the microcapsules containing the aromatherapeutic agent being directed onto the substrate.

22. The method of claim 21 wherein the fluidizing agent is an aerosol, the microcapsules having the aromatherapeutic agent encapsulated therein being carried by the aerosol, the step of directing the microcapsules onto the substrate comprising a spraying of the microcapsules onto the substrate while fluidized in the aerosol.